



Hours:
Mon-Fri: 9:30am-1:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Activities: 9:30 Arrival & Coffee Talk 12:00 Lunch	Closed For New Year's Day 1	Today in History Sing-a-long with Kay Tai Chi with Dave 2	Today in History Acrylic Pour Painting Craft Exercise w/Leah 3	Bingo Today in History Exercise w/Leah 4
Today in History Music and Musicals Trivia Exercise w/ Leah 7	Today in History Music w/ Ellis Exercise w/Leah 8	Today in History Music/Dance with Al & Ann Tai Chi with Dave 9	Today in History Stenciled Snowflake Craft Exercise w/Leah 10	Bingo Today in History Exercise w/Leah 11
Today in History Paw4Comfort Pet stories Exercise w/Leah 14	Today in History Healthy Tasting Exercise w/Leah 15	Today in History Active Games Tai Chi with Dave 16	Today in History Bread Baking Exercise w/Leah 17	Bingo Music w/Charlie Exercise w/Leah 18
Closed for Martin Luther King Jr. Birthday 21	Today in History Art Activity Exercise w/Leah 22	Today in History Computer Game Tai Chi with Dave 23	Today in History Dance with Al & Ann Exercise w/Leah 24	Bingo Today in History Exercise w/Leah 25
Bob Evans Restaurant 9:30am-1:30pm (410) 290-0004 28	Today in History Candlelight Flute & Guitar Concert Exercise w/Leah 29	Today in History Breakfast Bar Tai Chi with Dave 30	Today in History Jewelry Project Exercise w/Leah 31	

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CAREGIVER'S CORNER

Cold Weather Activity: Cook together

<https://dailycaring.com/5-winter-activities-for-seniors-that-warm-the-heart/>

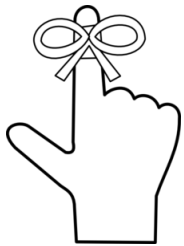
Making a delicious, hot meal with your parent or spouse has surprising, heartwarming benefits. Not only can you spend time together actively doing something, but the act of reading recipes, measuring, setting timers and cooking is great stimulation for the brain and helps fight cognitive decline and memory loss. For those who use a wheelchair to get around, tasks that don't involve standing at the stove are best – reading the recipe, setting a timer, or stirring ingredients together at a low table are creative ways to involve them in the cooking fun.

LET'S CELEBRATE OUR JANUARY BIRTHDAYS



We will celebrate our January birthdays on January 22nd at our Birthday Bash with a delicious cake provided by the 50+ Center. This month Connections Social Day Program member Joe is celebrating his birthday. Happy birthday to you!

IMPORTANT DATES REMINDER!



The Bob Evans restaurant trip is scheduled for Monday, January 28th from 9:30am-1:30pm. The bus will bring regular riders to and from Bob Evans. **Bob Evans'** address for drivers is 8325 Benson Drive, Columbia, MD 21045.

INCLEMENT WEATHER POLICY

When Howard County Schools are closed or delayed two hours, the Connections Social Day Program is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV, listen to the Inclement Weather Line at 410-313-7777 or contact the center at 410-313-7218 to hear a recorded message regarding center operations.

RTA CONTACT INFORMATION



Call 1-800-270-9553. Press "3" and follow prompts.